



Marinated Portobello Mushrooms

 Vegetarian  Gluten Free  Dairy Free

READY IN



67 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- 2 teaspoons pepper black freshly ground
- 0.5 tablespoon thyme leaves fresh chopped
- 4 cloves garlic minced
- 1 teaspoon honey
- 2 juice of lemon
- 2 teaspoons kosher salt
- 1 cup olive oil extra-virgin
- 1 tablespoon oregano fresh chopped

- 8 portobello mushroom caps
- 1 large shallots minced

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Brush the mushrooms carefully with a paper towel to get rid of the excess dirt. Using a spoon, carefully scrape out the gills from the underside of the portobello cap.
- Slice the mushroom in half along the perimeter (like you are butterflying it) so you have 2 thin rounds and place them in a large bowl.
- In a saute pan add the oil and place over medium heat. When the oil is shimmering, add the garlic and the shallot and cook for no more than 2 minutes. Turn off the heat and add the lemon zest, lemon juice, oregano, thyme, honey, salt, and pepper and whisk vigorously.
- Pour the mixture over the mushrooms and with your hands toss gently to coat, making sure there is even coverage.
- Let the mushrooms stand at room temperature for at least 45 minutes.

Nutrition Facts



PROTEIN 9.82% **FAT 60.51%** **CARBS 29.67%**

Properties

Glycemic Index:24.28, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:6.983478297358%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.36kcal (3.92%), Fat: 5.77g (8.88%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 590.07mg (25.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Selenium: 15.94µg (22.78%), Vitamin B3: 3.84mg (19.21%), Copper: 0.26mg (13.12%), Vitamin B5: 1mg (10.01%), Potassium: 347.75mg (9.94%), Manganese: 0.2mg (9.89%), Phosphorus: 97.7mg (9.77%), Vitamin B6: 0.17mg (8.34%), Vitamin K: 8.01µg (7.62%), Vitamin B2: 0.12mg (7.01%), Folate: 27.91µg (6.98%), Fiber: 1.7g (6.8%), Vitamin E: 0.93mg (6.18%), Vitamin C: 4.34mg (5.26%), Iron: 0.72mg (4.02%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.51mg (3.42%), Calcium: 21.28mg (2.13%), Vitamin D: 0.25µg (1.68%), Magnesium: 4.76mg (1.19%)